



Group Personal Training **@Valdese Recreation Dept.**

8 Week Weight Loss Program
Starts January 10, ends March 4th

- **Weekly weigh-ins**
- **Food/Exercise Log and suggested calorie/water intake**
- **Weight training schedule**
- **2 Group Training Sessions weekly**
 - **Tuesdays and Thursdays @ 6:30pm**
- **Need a minimum of 10 participants, maximum of 15 participants**
- **Fitness Member price \$40, Non-Member price \$100**

Informational meeting Tuesday January 4th @6:30pm

Sign up and pay by Friday January 7th

Call (828) 874-6737 for more information

Personal Trainer: Toni Reece